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Celebrity Buzz

Pitt hands on with nappy changes

pg 14



Assessments for local taxes in the mail

NOTICES The City of Calgary mailed out assessment notices to 431,000 property and 25,100 business owners Friday, and property owners should get their assessments as early as today.

The total value of Calgary property assessment is \$244 billion — a \$2 billion increase over last year, according to the 2009 Assessment Market Reports released Friday.

The report reflects market value of city properties. The overall market value change over the entire city is around minus four per cent, as opposed to a 43 per cent increase in 2007 and another 25 per cent in 2008.

Sixty-eight per cent of property owners will see either no change or a decrease in the taxes as a result of their assessment.

METRO CALGARY

Canada pg 4

Stem-cell breakthrough

Entertainment pg 12



Travolta struggles with tragedy

Workology pg 11

Citizen journalists on the scene

Going Green pg 9

Eco-friendly and in style



Mourners at the Sparwood, B.C., memorial service held candles in a salute to the eight men killed in avalanches on Dec. 28.

Town remembers 8 killed in avalanches

Communal memorial ends long week of funerals

REBECCA EDWARDS, EDITOR
Ferne Free Press

Two thousand flickering candles were raised in silent salute to eight snowmobilers lost to backcountry avalanches, as a community mourned its loss yesterday.

A memorial in Sparwood, B.C., paid tribute to Danny Bjarnason, Kurt Kabel, Warren Rothel, Kane Rusnak, Leonard Stier, Michael Stier, Thomas Talarico and Blayne Wilson, who died on Dec. 28, when two avalanches hit them in the backcountry near Fernie, B.C.

Eleven men were engulfed as they tried to help snowmobilers trapped by the first avalanche.

Three men — Jeff Adams,

“He did everything he could to help people.”

Amy Morrow of her partner, Blayne Wilson

James Drake and Jeremy Rusnak — managed to dig themselves out and have spoken of the “gut-wrenching” decision to leave their eight friends behind as they sought help.

The communal memorial came at the end of a week of funerals and public mourning in the town.

Around 2,000 people filled the town recreation centre, where the community ice rink was covered to allow seating to be laid out.

A large screen was assembled outside the arena in preparation for large crowds of mourners. But as temper-

atures dropped to -25 C, most chose to watch the two-hour ceremony at home on television, leaving the streets of both Sparwood and Fernie empty.

Photographs of the eight men lined the stage, flanked by two snowmobiles.

Shrines below the stage emphasized the men's love for the outdoors — hiking boots and a fishing bag, photos of others standing proudly next to new snowmobiles and elk slain on hunting trips.

Family members and friends paid tribute to those lost, telling stories of loyal

men who “would give you the shirt off their back” and loved every outdoor sport.

Speaking of his friend Warren Rothel, Joe DeLuca said: “If it raised the hair on your neck he had to try it — twice. He was meticulous about details and safety — planning, checking and double checking everything.”

“He did everything he could to help people,” said Amy Morrow of her partner, Blayne Wilson.

“So Dec. 28 in the backcountry, we know that Blayne did all he could and more to help those that needed it. For that, he is our hero.”

For local coverage of the memorial service see www.thefreepress.ca

Murder-site eatery hopes to reopen soon

JENNIFER HILLIKER
for Metro Calgary

INVESTIGATION Food left from New Year's Day is still on the table at Bolsa Vietnamese Restaurant, the site of a brutal massacre where three men were murdered, at least one of them a well-known gang member.

The southeast eatery is closed and taped off due to police investigations, but Dan Tran, the owner's wife, who was on-scene on New Year's Day, is hoping to reopen next week.

“We have people who come in here every day, and they'll come back,” she said. “We were one of the few restaurants open on New Year's Day. That's why the (alleged) gang members came here. I don't think I've seen them before. Maybe just once, a year ago.”

While Tran hopes to get into her restaurant to begin the cleanup to once again open for customers, it's business as usual for other shops in the southeast strip mall, despite the allegedly gang-related crime happening so close to them.

Debbie Jiang, manager of the Asian Buffet, said most of her customers acknowledge that this type of crime happens everywhere.

“They just want to know what kind of people they were,” she said of customers inquiring about the people involved in the shooting. “But they still come here.”

“We have people who come in here every day, and they'll come back.”

Dan Tran, wife of restaurant owner

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Super Restorative Day Cream, 15 mL; Gentle Facial Peeling, 20 mL.

In addition, from January 10 to 23 you will also
receive a trial size Moisture Rich Body Lotion

Chinook expected to warm things up

For the first time since the city dipped into a snowy deep freeze, the temperatures in Calgary are expected to rise above 0 C. The forecast for the week reflects a chinook blowing into the city today and tomorrow, with temperatures to rise above freezing. **METRO CANADA**

3

Local



Ski for Heart this weekend

The Heart and Stroke Foundation is holding its annual Ski for Heart skiing and snowboarding event at Lake Louise from Jan. 9 to 11. The snow-filled weekend at the resort includes skiing and accommodations, with proceeds going toward the organization. For more information, visit www.skiforheart.ca.

METRO CALGARY

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Save your money with no taxes

FINANCES Calgarians like Chris Atkinson are rushing to the bank today as they plan to put their money into a new tax-free savings account.

They allow taxpayers to earn investment income tax-free inside the account.

"As soon as I found out about it, I thought it was a great idea as an alternative to RRSPs," said the 23-year-old Atkinson.

"Your money isn't locked in for as long, and at the end of the year, you don't have to worry about where you are in your tax bracket."

Canadians are allowed to contribute \$5,000 per year to the account, and can withdraw funds at any time.

"The Tax-Free Savings Account is the single most important personal savings vehicle since the introduction of the RRSP," said Minister of Finance Jim Flaherty.

JENNIFER HILLIKER
/FOR METRO CANADA

Shaking it for charity

Hockey club creates a fun way to help out the food bank

KRISTA SYLVESTER
krista.sylvester@metronews.ca

It was a game of shake, rattle and score yesterday as Calgary Hitmen fans shook up the 'Dome in support of the Calgary Food Bank.

Fans were encouraged to bring non-perishable food donations to the game against the Medicine Hat Tigers and in exchange, received boxes of Kraft Dinner to use as noisemakers to support their team.

"I think it's a great idea and a fun way to support a good cause and let the kids make some noise," Josh Bianchini said while watching the game with his two sons.

Mike Moore, business operations director for the Hitmen hockey club said the event was an interactive way for fans to get even more involved in the game.

"It's great for everyone



Devin, left, Brandt, 7, Carson, 2, and Ann Marie Grimeau shake up the 'Dome yesterday. The Calgary Hitmen, Telus, Kraft and CityTV shook hunger to the core with a charity event at the game.

involved to be able to help replenish and build back up the shelves of the food bank, especially at a time when they need it the most," Moore said.

Heidi Lambie, of the Calgary Food Bank, said Janu-

ary is the time they need the most help. "The donations go down drastically this time of year, and hunger is a year-round situation," she added.

Lambie said fans were encouraged to drop off the

Kraft Dinner on their way out. The Hitmen will be delivering the donations to the food bank this morning.

The Hitmen inspired a lot of noisemaking in their 6-0 win over the Tigers.

Police want to honour brave kids

RECOGNIZE The Calgary Police service is looking into officially recognizing a 13-year-old boy and his older sister for helping a woman who was beaten almost to death on Dec. 12.

The siblings were walking along Canyon Meadows Drive when they witnessed the attack and tried to stop it while calling for help. **METRO CALGARY**

metronews.ca

WHAT'S ONLINE TODAY

Video The conflict in Gaza spills onto Canadian streets at metronews.ca/canada

Video Thousands turn up at Sparwood, B.C., memorial for avalanche victims at metronews.ca/canada

Bushisms U.S. President George W. Bush's greatest verbal hits at metronews.ca/world

Lotteries

Friday, Jan. 2 Lotto Super 7: 4, 13, 19, 30, 32, 35 & 38. Bonus: 16 Saturday, Jan. 3 Lotto 6/49: 4, 13, 17, 25, 36 & 48. Bonus 28.

These results are not official.

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A suicide pact resulted in the deaths of a Quebec father and three children, police alleged, as relatives suggested financial strain was a factor in the tragedy. A police spokesperson alleged Marc Laliberte and his wife Kathy Gauthier-Lachance planned to commit suicide after killing their three children. **CBC NEWS ONLINE**

Canada



Guité granted parole

The federal bureaucrat who headed the sponsorship program of the 1990s has been granted parole. Chuck Guité, left, was granted conditional parole on Dec. 23. He's eligible for day parole on Feb. 15 and full parole on Sept. 16. Guité will have served seven months of his 42-month sentence when his day parole is slated to begin. **METRO NEWS SERVICES**

Stem-cell breakthrough made

Scientists at McMaster University have found a way to tell the difference between normal stem cells and cancer stem cells, a discovery that removes one of the hurdles to the long-awaited promise of using human embryonic stem cells for personalized organ and tissue transplantation.

The study, published yesterday, sets out a list of criteria that scientists can use to differentiate between normal stem cells and cancer stem cells, a subset of rogue cancer cells that many scientists believe drive the growth of malig-

"There is, in fact, a very grey line between a great stem cell and a cell that tips over into becoming a cancer stem cell."

Mick Bhatia, researcher

nant tumours. The finding will also help in the search for new, more targeted cancer drugs.

Many of the properties of a healthy human stem cell are also the same properties of a cancer stem cell — both grow quickly, have the ability to self-renew and make copies of themselves, and they often express the

same genetic markers, said Mick Bhatia, the study's lead author and scientific director of the McMaster Stem Cell and Cancer Research Institute at the Michael G. De-Groote School of Medicine.

"What we demonstrate is that there is, in fact, a very grey line between a great stem cell and a cell that tips over into becom-

ing a cancer stem cell," he said. "We now have 12 different criteria that allow you to tell the difference between a cell that's masquerading as a stem cell versus one that has gone to the dark side and become a cancer cell."

In labs all over the world, scientists are working with human embryonic stem cells in the hope of treating — and even curing — disease and to regenerate damaged body parts. Human embryonic stem cells have the ability to turn into any of the 220 cell types in the body, from heart cells to liver cells to

blood cells, and can constantly renew themselves.

One of the obstacles to using human embryonic stem cells in regenerative medicine is the risk they might become cancerous and trigger tumours in patients.

The 12 criteria, the first of its kind and which Bhatia collectively calls a test, will make it safer to use human embryonic stem cells in regenerative medicine. The test is laborious and takes at least three months from start to finish because it involves transplanting cells into animals.

TORSTAR NEWS SERVICE

Sponsors will deliver despite financial woes, VANOC says

OLYMPICS It will be a year of cutbacks for Vancouver Olympic organizers, months of testing and tweaking Olympic facilities and, above all, hoping that the economy stabilizes.

The Vancouver Organizing Committee is heading into 2009 with optimism, but an awareness that much has changed in the last six months.

Tickets sales have been as good as expected and no major sponsors have pulled out, even though virtually all of the major corporations involved have had financial setbacks.

"We'd be naïve to assume they are immune."

John McLaughlin, VANOC CFO

"We'd be naïve to assume they are immune," said VANOC's chief financial officer John McLaughlin last month after organizers released its last financial report of 2008. "But so far, we have had good success with them."

Organizers say they've had no indication that sponsors won't deliver on their commitments.

According to the latest financial statements, VANOC signed contracts for more than 90 per cent of the \$760 million anticipated from its sponsors. About 40 per cent of that had been received by year's end in cash and in kind goods and services.

TORSTAR NEWS SERVICE

Birth rate still rising in Quebec

BABIES At six pounds, nine ounces, Olivier Tremblay is a small baby, but he nevertheless carries on his tiny shoulders the weight of a demographic success.

Born at exactly midnight, Jan. 1, little Olivier was the first baby born in Quebec in 2009.

But he also heralds the reversal of a rather bleak demographic picture for the province, which once upon a time had Canada's biggest baby boom followed by its worst baby bust.

Now, new statistics show that Quebec has solidified an upward trend in the provincial

birth rate, easing anxieties that foresaw population declines and francophone cultural uncertainty.

In addition, births outside of wedlock are now the vast majority in Quebec, and are occurring at twice the rate compared to the rest of Canada.

Averages

- For the first time since 1959, Quebec's fertility rate of 1.65 children per woman outranks the Canadian average of 1.59.

The birth rate increased for the fifth year in a row in 2007, according to the most recent demographic report produced by the Quebec Institute of Statistics.

There were 84,200 births, three per cent more than 2006.

TORSTAR NEWS SERVICE

News in brief

P.E.I. Searchers have found the body of a young Prince Edward Island man who went missing after leaving a New Year's Eve party at a golf course during a blizzard. Kyle Alvin Bambrick, 18, was last seen around 3 a.m. on Jan. 1 when he headed out into a snowstorm in a rural community west of Charlottetown.

WEATHER A deep freeze has descended on much of central and southern Saskatchewan, along with most of southern Manitoba. In Saskatoon, the temperature reached -40 C yesterday morning, with the wind making it feel like -53 C.

COALITION The NDP is threatening legal action to get the names of Tories involved in the taping and public release of an NDP caucus meeting last month. The meeting was to discuss the coalition with the Liberal party.

ONTARIO Questions about John Tory's leadership of Ontario's Progressive Conservatives are a "growing distraction," says Bob Runciman. Runciman is filling in as leader of the Opposition while Tory continues to search for a seat in the legislature.

METRO NEWS SERVICES

Ottawa From fire to ice



Two Ottawa families are homeless after an early morning fire yesterday. The fire, which started at around 1:50 a.m., destroyed both homes. It took 60 firefighters to douse the three-alarm blaze, which caused an estimated \$1.5 million in damages.

School-bus theft leads to arrest

QUEBEC A Gatineau man is in custody after allegedly stealing a school bus, driving it onto a car and then threatening to blow himself up with a propane tank yesterday.

Police said the driver had recently separated from the woman who owned the vehicle.

















Police used pepper spray to neutralize the man. He was taken into custody and charged with mischief, break-and-enter and hit-and-run.

METRO CANADA

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Tiny diamonds sprinkled across North America suggest a "swarm" of comets hit the Earth around 13,000 years ago, kicking up enough disruption — the equivalent of thousands of atomic bombs — to send the planet into a cold spell and drive mammoths and other creatures into extinction, scientists reported. **REUTERS**

Massive onslaught of comets hit Earth thousands of years ago

World



Crisis halts Rice's China trip

U.S. Secretary of State Condoleezza Rice, left, has cancelled a trip to China this week because of the crisis in Gaza where Israel has launched a ground offensive, the U.S. State Department said yesterday. China had invited Rice to Beijing to attend celebrations to mark the 30th anniversary of diplomatic ties between the two countries. **REUTERS**

More civilians dead in Gaza strike

Israeli forces split the Gaza Strip and ringed its main city yesterday in an offensive against Hamas that has killed 500 Palestinians, including a growing number of civilians.

Israeli tanks poured shells and machine-gun fire into suspected militant positions and war planes struck as Hamas fighters fought back with mortars and rockets.

Hamas kept up rocket attacks against southern Israel, defying efforts by the Middle East's most powerful army to achieve Israeli leaders' declared aim of removing the threat of cross-border salvos.

European Union foreign policy chiefs launched a mission to seek a ceasefire, but acknowledged they faced a difficult task.

At least 42 Palestinians, most of them civilians, were killed in the attack on Gaza's main shopping

Diplomatic talks

- Hamas plans to send a delegation to Egypt today for the first diplomatic talks since the launch of the Gaza offensive. An official said Friday that Egypt had launched contacts with Hamas to achieve a truce.

district yesterday.

Among the casualties were five civilians killed and 40 wounded when tank shells hit Gaza City's main shopping area. Two children were dismembered by a tank blast.

The total Palestinian death toll tallied by Gaza medical officials in Israel's "Operation Cast Lead" rose to 512.

A UN agency said at least a quarter of the dead were civilians. A Palestinian human rights group put the figure at 40 per cent.

REUTERS



A Jordanian woman holds up a poster with pictures of late senior Hamas leader Nizar Rayyan during a protest against Israel's Gaza offensive yesterday in Amman.

Russia wants navy ships worldwide

NAVY Russia's military leaders approved a plan by the nation's navy yesterday to station warships permanently in friendly ports around the world. The Russian navy has been reasserting itself over the last year by chasing Somali pirates around the coast of east Africa and visiting visit South American allies.

A resurgent navy has become central to a strategy for Russia — which has enjoyed economic revival since 1998 — to project itself in foreign affairs.

In August, a Russian diplomat said the navy was to make more use of a Syrian Mediterranean Sea port. Last month, a Russian ship cruised off Cuba after visiting South America for the first time since 1991. Officials said Russia was negotiating with foreign nations to station warships at bases around the world permanently, but declined to give exact details. **REUTERS**

Somali pirates captured by French warship

PIRACY A French warship captured 19 Somali pirates yesterday when it came to the rescue of two cargo ships in the Gulf of Aden, the office of President Nicolas Sarkozy said.

The vessel Jean de Vienne was on patrol off the Somali coast when it came to the rescue of a Croatian cargo vessel and a Panamanian ship.

The 19 Somali pirates, armed and equipped with equipment to board the vessels, were captured and handed over to Somali authorities. **REUTERS**

Arabs vent at governments over Gaza violence

MIDDLE EAST Israel's offensive in the Gaza Strip has inflamed sentiment across the Arab world against governments seen as doing little to stop the onslaught.

"Oh God, wreak your revenge on all those who help the Jews and made peace with them, and closed the crossings in the face of the people of Gaza," said Imam Ibrahim Yousef

"May God close the gates of heaven in front of them."

Imam Ibrahim Yousef on Israeli supporters

in at a mosque in Jordan. "May God close the gates of heaven in front of them."

Footage of Palestinian dead, including children, being picked from the rub-

ble of buildings hit by Israeli fire has been broadcast across the Middle East by Arab channels.

In Jordan, hundreds wept during noon prayers, a scene repeated across the

kingdom where worshippers recited prayers cursing Arab leaders, perceived by many as not only standing idly as Gazans die, but conspiring with Israel.

Cairo, which made peace with Israel in 1979, has been the target of Arab wrath because of its co-operation with the blockade of Gaza, with which Egypt shares a border. **REUTERS**

News in brief

AFRICA Ghana's largely peaceful and credible presidential election was a rare example of a functioning democracy in Africa and should be a model

for the continent, African leaders and voters said yesterday. Opposition candidate John Atta Mills was declared the winner Saturday after the closely

fought election in the gold- and cocoa-exporting country was settled by a run-off.

BAGHDAD A suicide bomber infiltrated a crowd of Shiite pil-

grims and blew himself up, killing at least 35 people and wounding at least 79 at a shrine in a predominantly Shiite part of the city. **REUTERS**

Obama to propose \$310B in tax cuts

PLAN U.S. president-elect Barack Obama's economic stimulus plan will propose business and middle class tax cuts of about \$310 billion US, or 40 per cent of the package, a senior aide said yesterday.

Obama plans to discuss the plan today with congressional leaders.

Obama plans to propose a stimulus package of new federal spending of up to \$775 billion, the aide said. **REUTERS**

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Downturn will drive tech discounts: Analyst

As the recession sets in, expect discounts and more perks as companies produce simpler, cheaper video games and wireless devices with more iPhone-style applications, says David Silverberg, managing editor of digitaljournal.com. **CBC NEWS ONLINE**

7

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Is the worst over?

Investors begin the first full week of 2009 trading today with one question in mind: Is the worst over?

Given that a 38 per cent loss on the broad U.S. S&P 500 stock index last year was actually one of the better performances on stock markets, it is hard for some investors to imagine otherwise.

Indeed, December ended on a rare up note, with global stocks putting in something of a rally.

MSCI's main gauge of

Canada's market

- Canada's stock market endured one of its worst years on record in 2008, losing 35 per cent of its value, or about \$700 billion.

global stocks, its all-country world index, gained almost 3.6 per cent for the month, its first gain since May.

Toronto's main stock index pushed 2.7 per cent higher to 9,234.11 Friday,

the fourth straight session of triple-digit gains to usher in the new year.

Some sentiment indicators, such as the Reuters monthly polls, also showed some return to risk appetite now that stocks are attractively priced.

Many are also expecting financial markets to return to more normal patterns during the year. It won't reach the turmoil seen in 2008, but nobody expects a bull market, either.

REUTERS

Madoff Still afloat



A woman walks past the yacht Bull in southern France on Saturday. The yacht is owned by a company belonging to financier Bernard L. Madoff, who is accused of running a Ponzi scheme.

Real-estate crunch has hard punch

HOMES Economists missed calling the real-estate decline by a wide margin, to the point that last month the Bank of Canada warned that many Canadians were in danger of losing their homes if the economic crisis gets worse.

"Canadians have watched with amazement for nearly two years now at the collapse of the housing sector in the United States, the United Kingdom and other countries that experienced overvalued housing prices with the sense that markets in this country stand on more solid ground," said RBC senior economist Robert Hogue.

It wasn't until last year, when prices started to fall in western provinces that some economists started to question the strength of the housing market.

TORSTAR NEWS SERVICE

Obama considers benefits expansion

ECONOMY U.S. president-elect Barack Obama and Congressional Democrats are considering a major expansion of government-assisted health-care insurance and unemployment benefits as part of a two-year economic recovery program, The New York Times reported yesterday.

Proposals included extending unemployment compensation to part-time workers, subsidizing employers who must continue health-care benefits temporarily for laid-off and retired employees and allowing workers who lose jobs that did not include insurance to apply for Medicaid, the Times said.

The proposals would be included with other measures like increasing spending on infrastructure and other public works projects meant to stimulate job growth.

REUTERS

Tax cuts ahead?

Tax cuts could be one way to stimulate the sagging economy, said Finance Minister Jim Flaherty, left. Along with previously announced corporate tax cuts and tax-free savings accounts, he said more infrastructure spending and tax reductions could be options.

METRO NEWS SERVICES

Business in brief

POLITICS New Mexico Gov. Bill Richardson said he was withdrawing as U.S. president-elect Barack Obama's nominee for commerce secretary because of an investigation into a company that had done business with his state.

CHINA The manufacturing sector contracted for the third month in a row in December, but the pace of deterioration slowed as output and new orders improved, the official pur-

chasing managers' index showed. It rose to 41.2 from a record low of 38.8 in November.

CONSUMERS Canadian consumer confidence slumped between August in December, but pessimism over the economy was countered by positive personal sentiment, according to a Harris/Decima survey. Canadian confidence levels now match U.S. levels at 64 per cent pessimism.

REUTERS

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Comment

Resolve to follow this guide

HineSight

Anne Hines



It's the first week in January and according to the experts by the end of this week, most of us will break our new year's resolutions. Personally, I think this sounds unlikely. Most people I know broke them on Jan. 1.

The truth seems to be that breaking new year's resolutions is as big a tradition as making them. Two highly trained Harvard scientists spent three years, thousands of grant dollars and interviewed scores of people studying this problem, finally arriving at the reason that human beings find it so hard to change.

Apparently, we don't want to. You see it pays to

Do make a plan to recycle. For instance, any resolutions you break this year can be used again next year.

consult the experts.

But for those who are still determined not to break their promises this year I present:

The HineSight Guide To Keeping New Year's Resolutions.

The No. 1 almost fail-proof method for keeping your resolutions right through to the end of the year is this. Don't make any until 11:59 p.m. on New Year's Eve. Then, increase your success potential by making resolutions like, "This year I will wear a silly paper hat and watch television programming involving

balls dropping in Times Square."

No. 2 on our list: Keep resolutions open-ended. For instance, "lose 10 pounds" leaves very little wiggle room (much like my jeans). Instead, resolve to "eat most responsibly." This allows you to occasionally scarf a pint of ice cream and think, "Ah dairy, that's health food."

Similarly, making a resolution like "take up skydiving" may be just setting yourself up for a fall. However, "try something outside my comfort zone" could include anything from attending a family gathering to sampling discount toilet paper.

The No. 3 strate-

gy for keeping your resolutions is to make sure they sound fun.

"This year I will live within my financial means," simply sounds like, "There's no big screen TV in your future, honey." Try rephrasing this to, "This year I'll play Survivor: City Dwellers edition." Then, when you're foraging for food and sleeping under a viaduct it will seem like an adventure.

No. 4: Know what you're talking about. A friend says she intends to "reduce her environmental footprint" by wearing smaller shoes.

Do make a plan to recycle. For instance, any resolutions you break this year can be used again next year.

Lastly, tell yourself if you don't keep your resolutions, there's one person to blame. Your mother, boss, ex-boyfriend — you get to pick.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Pre-pay leaves us fumbling at pumps

InTransit

Chris Phalen



calgaryletters@metronews.ca

It's high time service stations moniker their businesses more appropriately, because they don't offer much service any more.

Pay at the pump (a term conveying convenience and haste) was to be a certain boon to motorists, the new creed of gas station security nationwide. But it's been a lot of grand delusion.

The pre-pay gas system became law in British Columbia last February after a 22-year-old gas attendant was killed in March 2005 trying to stop a \$12 gas and dash in Maple Ridge, making pre-

payment mandatory at every gas station in the province.

Now consumers are paying for the actions of a few hoodlums, and gas jockeys are taking jobs with self-preservation paramount.

Granted, many factors contribute to consumer angst, but this self check-out model of disguising work, with labels of convenience, is anything but friendly.

It's as if the franchises privileged to sell a commodity without the risk of consumer-need waning are saying: "Sure you can have some gas, but, we'll have to put it on lay-away for a couple minutes, just to make sure you're not a thief. Oh, and by the way, on top of paying in advance for our product, you'll have to do our work."

While it isn't mandatory in Alberta for gas stations to pull the plug on the honour

This self check-out model of disguising work, with labels of convenience, is anything but friendly.

system, many managers/owners feel it is only a matter of time before pay-at-the pump becomes the model to follow, and most are equipped and operating pay-at-the-pump and pre-pay technologies already.

Alberta Premier Ed Stelmach has not expressed immediate plans to implement a similar law, and said government will be looking at the B.C. law very closely.

But here is the majority vantage of the consumer public wrapped up for you Eddie:

The hassle of this unneeded task is wrought with bothersome intricacies ex-

ploited by fuel pimps who know sales will never waver. Consequentially, we are left fumbling around at the pumps trying to make wind of the muffled voice transmitting from the cozy cashier trying to guide us in the complications of a transaction so embedded in our daily cultures my seven-year-old used to be able to do it.

Now consumers are left to navigate technological nuances at the pump and endure the pre-pay cash or debit guesswork accompanied by transactions that go back and forth until the right price is met.

But no price is worth measures of inconvenience, especially a price spawned by the terror of thuggery.

Chris Phalen is a web intern and regular contributor to Avenue magazine. He has also contributed to the Prince Albert Daily Herald, Globe and Mail and various magazines.

Letters

Sanctioned violence in Canada's sport

Re: "Police assist coroner investigating death of Brantford, Ont., hockey player"

It makes me sick that a family has lost a son due to the barbaric allowance of fighting in hockey. What I find totally offensive is the polarization of this ongoing debate in regards to the inclusion of fighting as part of Canada's game.

The usual suspects in the media have already come to the forefront that defend the need for fights in hockey and have attempted to eulogize the death of 21-year-old Don Sanderson as a freak result of an inherent danger linked with this sport.

Those in the media who support fighting in hockey can rationalize all they want in regards to the odds of losing one's life in a hockey fight. But in the end, there are more than enough examples of NHL players who have had their careers cut short and their quality of life affected to demonstrate the stupidity of allowing fights in hockey. The passing of Don Sanderson could bring

common sense to the issue of safety in the only major sport that allows this kind of sanctioned violence.

DANIEL KOWBELL, TORONTO

CEOs' fat salaries don't match their workload

Re: "Your year's pay a day's work for top CEOs" (Jan. 2).

The fat salaries enjoyed by CEOs is due to sheer greed on their part and connivance on the part of our politicians. If not, why are the latter not making any mention of these fat salaries or any attempts to put a stop to this, but are just continuing to give the poor taxpayers' money to resolve problems created by these same CEOs?

What food do these people eat which is extraordinary? Do they not fall sick or die as the poor? Why do they need all this money for if not because of greed? What extraordinary work do they do?

It is true they strategize, they make decisions. But what is a good strategy or decision if the subordinates do not implement them? The CEOs should come down. It is just not fair.

BEN POKU, TORONTO

It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Inkjet vs. laser printers

Inkjet printers use up to 95 per cent less energy than laser printers, according to Greenology: How To Live Well, Be Green and Make a Difference by Tanya Ha.

METRO NEWS SERVICES

Going Green

Save water easily

Don't fill up your kettle. Only pour in as much water as you need right now. If every Canadian did this, we could save enough electricity to power every street light across the country, according to Change the World for Ten Bucks: 50 Ways To Make a Difference.

TORSTAR NEWS SERVICE

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONews.CA



You can help save the environment by making greener choices while shopping for groceries.

Smarter grocery shopping

What better place to start saving the environment than at your local grocery store? Making smart choices in the grocery aisles can help reduce

Bags

your family's environmental footprint. Here are some simple ways to turn your shopping list green: Buy local: When food doesn't have to travel far, it requires less packaging materials, fewer preservatives and often fewer pesticides. Not only are these processes bad for the environment but they also take away from the taste of the food. Another alternative is to use cardboard boxes to carry your groceries or paper bags that can be recycled.

other benefit to buying locally grown food is the shorter distances the produce needs to travel, which results in less damaging greenhouse gases.

Also, buy environmentally friendly products.

NEWS CANADA

The wardrobe bailout

Keep your style fresh, eco-conscious on a small budget

KENYA HUNT
Metro World News



Your shopping budget has gone the way of your quickly evaporating savings and you're now sinking all your spare cash into that "rainy day" fund. But that doesn't mean your wardrobe has to remain stuck in recession purgatory.

1 Recycle! Most designers look to vintage collections for inspiration these days so rather than splurge on an expensive necklace, handbag or jacket of the season, try combing eBay or your



local thrift store for older, second-hand, and less-expensive pieces that inspired these looks.

2 Swap! In New York, they call them "Bitch and Swap" parties. We call them recession wardrobe savers. Plan a gathering with

friends in which they bring clothes from their closet they no longer wear (Set a high standard though: You want old Marc Jacobs, not worn out Hanes sweats.). Pop out a few bottles of wine and some snacks and you've got a fun party and an updated wardrobe.

3 Strategize! Rather than buying expensive designer clothing, spend your money on a nice coat, shoes or bag. These items will last longer and allow you to make a bigger statement than a dress that you might only wear once a month.

4 Minimize! Minimalism is not only a huge fashion trend this season, it's also budget-friendly. It's easy to recreate a chic, pared down look in cheap American Apparel basics than it is to experiment with the season's richer, embellished looks.

Fair trade

• Host a swap meet with your friends — get everyone to bring over some high-end designs and let the trading wars begin! Remember, no sneaks or sweats: Only the good stuff!

5 Personalize! Nothing can be more annoying than someone asking you, "Did you get that from the Gap?" Give cheap purchases an edge by sewing on patches or appliques to T-shirts and cardigans or adding clip-ons to ballet slipper flats.

News in brief

GOING 'BLUE' There's a lot of talk these days about being green or environmentally conscious — but what about being "blue?" Here are some easy water conservation tips:

• Stick a brick in it: The back of your toilet that is. Placing a brick, or a jar filled with water, in the back of the toilet will reduce the amount of water needed for

each flush.

• Shorter showers: How much water do you need to be clean? The average shower uses about 30 litres of water in five minutes, so try to keep showers short.

• Quit the bottle: Disposable water bottles create thousands of tonnes of waste every year. Instead, purchase a reusable water bottle.

NEWS CANADA



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The death of a 21-year-old hockey player who died three weeks after hitting his head on the ice during a fight has renewed calls for tougher rules governing the use of helmets. Don Sanderson, a defenceman with the senior AAA Whitby Dunlops of the OHA, died Friday in Hamilton. **METRO NEWS SERVICES**

Sports

SPORTS@METRONEWS.CA

Hosp to miss World Championships

Austrian downhill skier Nicole Hosp, left, will miss next month's Alpine World Ski Championships after injuring her left knee. Hosp, the 2007 giant slalom world champion, tore ligaments after crashing during a warmup run for a World Cup slalom yesterday.

METRO NEWS SERVICES

Win streak snapped in the Windy City

NHL RESULT

Flames 2 Blackhawks 5



LAURENCE HEINEN
for Metro Calgary

THE SKINNY: Former Calgary Hitmen star Andrew Ladd notched a goal and an assist as the Blackhawks halted their two-game losing skid, while ending

Calgary's five-game winning streak at the same time. The setback also ended Calgary's streak of gaining at least one point in 10 straight games.

THE POINT GETTERS:

Martin Havlat, Patrick Sharp and Duncan Keith also had two-point outings for the Hawks, while Todd Bertuzzi scored once and set up another for the Flames.

THE QUOTE: "A big part of our game is our intensity and being able to jump all over those chances," Ladd

told Rogers Sportsnet in regards to Chicago's three-goal outburst in the second period.

THE 'BULIN WALL: Chicago netminder Nikolai Khabibulin improved his lifetime record against the Flames to 21-5-2 by making 34 stops, including a blocker save to thwart a first-period breakaway attempt by Jarome Iginla.

THE HOOK: After giving up four goals on 28 shots through two periods, Calgary netminder Miikka

Kiprusoff gave way to back-up tender Curtis McElhinney, who made seven saves in a relief appearance.

THE POINT SHOT: Dion Phaneuf recorded his first point in 10 games when Bertuzzi tipped his point shot past Khabibulin early in the second stanza.

THE NEXT GAME: The Flames now return home to the 'Dome for a Tuesday night tilt against the Western Conference leading San Jose Sharks (8 p.m., Sportsnet, Fan 960).



Robyn Regehr lands a punch on Chicago Blackhawks winger Ben Eager in the second period last night.

NHL RESULT

Wild 2 Avalanche 0



Owen Nolan tallied the only two goals of the game, and the Minnesota Wild blanked the Colorado Avalanche 2-0 in Denver last night. Niklas Backstrom made 32 saves for his fourth shutout of the season for Minnesota, which has won two of three and snapped a six-game road losing streak. Tyler Arnason had a team-high five shots for the Avalanche, who have lost three straight on the heels of a three-game win streak. Peter Budaj stopped 35-of-37 shots in the loss.

NBA RESULT

Magic 102 Raptors 108



Chris Bosh finished with 23 points and 11 rebounds, leading the Toronto Raptors to a 108-102 win over the Orlando Magic yesterday. Anthony Parker scored a team-best 26 and Andrea Bargnani added 18 for the Raptors, who posted a 2-1 mark during a three-game homestand. Roko Ukic contributed 12 points and seven assists off the bench.

"We will take any win, any way we can get it," Bosh said. Toronto's Jermaine O'Neal missed his third straight game with a sore right knee, while guard Jose Calderon (hamstring) also sat out for the Raptors.

METRO NEWS SERVICES

Tavares, DiDomenico put aside distractions

As if having the hopes of a hockey nation pinned on their back as they head into tonight's gold medal game against Sweden isn't enough, two of Canada's top players know they face another considerable distraction: the prospect of being traded.

Centre John Tavares — the most dominant player in the tournament, and his linemate Chris DiDomenico, a Toronto Maple Leafs draft pick — are in all likelihood not returning to their major junior teams.

The rebuilding Oshawa Generals are rumoured to be sending Tavares to either the Windsor Spitfires or the London Knights, while DiDomenico looks as if he's off to the Drummondville Voltageurs after two-and-a-half seasons with the Saint John Sea Dogs.

"I haven't heard anything and they can't announce anything until the tourna-

ment's over," DiDomenico said yesterday after practice.

Tavares has handled another potential distraction adeptly: all those questions about any rivalry with Swedish defenceman Victor Hedman over the possibility of being drafted first overall.

While both Tavares and DiDomenico face a change of address for now, tonight's gold medal game at the world junior hockey championship against Sweden offers a life-changing opportunity for all involved.

"Everyone dreams of playing in this type of game and having this opportunity," said Tavares.

"We're on a high," said DiDomenico. "We're going into one of the biggest games of our lives. We can't get too high; we can't get too low. We have to treat it like it's just another game. Just because there's something bigger thing on the line, I don't think you should prepare



Jordan Eberle and PK Subban celebrate the tying goal forcing overtime against Russia Saturday.

any differently."

Having the tournament at home comes replete with distractions: be they increased pressure from the crowd and the media or more interaction with family and friends.

The Canadian players say they're keeping their focus. "Every kid dreams of playing for Canada, especially in the world juniors, to be at home just adds to the excitement and the dream," said Tavares. "We have to make

sure we play in the moment and don't look at the big picture and don't get overwhelmed by it."

"Everyone dreams of playing in this type of game and having this opportunity," said Tavares.

It was almost as if the Canadians might have been overwhelmed by Russia in Saturday's semi-final shootout win, where the Russians shut down Canada's power play by aggressively chasing the puck, and raised a few questions about the goaltending of Dustin Tokarski, who let in a few easy ones. He'll be back in net tonight.

"We are in a spot where we think he (Tokarski) has had the harder tests at this point," said coach Pat Quinn.

"The other young man (Chet Pickard) probably hasn't played in a week, and it might be unfair to throw him in there.

TORSTAR NEWS SERVICE

Eagles fly past Vikings, Fish squished by Ravens

NFL PLAYOFFS RECAP

Brian Westbrook took a short screen pass 71 yards for a touchdown to shatter a second-half deadlock, and the Philadelphia Eagles went on to post a 26-14 victory over the Minnesota Vikings in an NFC Wild Card bout yesterday.

Following a 16-14 Philadelphia halftime lead, neither team was able to alter the scoreboard until the



Channing Crowder of the Miami Dolphins makes a tackle during the Ravens' LeRon McClain yesterday.

Eagles started their fourth drive of the second half with a little under seven

minutes to play.

RAVENS 27, DOLPHINS 9

Ed Reed had two of Baltimore's four interceptions, running one back for a touchdown, and the Ravens defence stifled Miami to record a 27-9 win over the Dolphins in an AFC Wild Card contest yesterday.

CHARGERS 23, COLTS 17 (OT)

Darren Sproles filled in for an injured LaDainian Tomlinson and carried the Chargers to a dramatic overtime victory Saturday over the Indianapolis Colts, as his 22-yard touchdown

scamper in the extra session gave San Diego a 23-17 decision in an entertaining AFC Wild Card matchup.

CARDINALS 30, FALCONS 24

Kurt Warner threw two touchdowns and the Arizona defence came up with two big plays as the Cardinals downed the Atlanta Falcons, 30-24, in NFC Wild Card play Saturday. It was the franchise's first home playoff game since 1947, when the team was playing in Chicago.

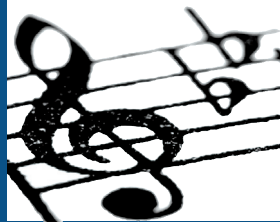
METRO NEWS SERVICES

Metro Workology exclusive: Curtain Call

Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check out Metronews.ca/work exclusively throughout January.

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Workology



Laurentian opening

Laurentian University officially opened its new School of Education, which also houses the music department, the School of Rural and Northern Health, and masters program in human kinetics.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

A citizen reporter for all seasons

Small Business

ROBYN YOUNG
for Metro Canada



Much to the chagrin of university-trained journalists the world over, citizen journalism may finally be making its way to the forefront of mainstream media.

DigitalJournal.com is a Toronto-based news site that relies solely on citizen journalists to report the news.

What legitimizes the content is the fact the founders and editors are bonafide j-school grads.

David Silverberg and Chris Hogg are two of the five 20-something editors behind the scenes at DigitalJournal who work tirelessly day in and day out to ensure the news content on their site is reliable and

accurate.

"We really stress quality on our website, we want really good writers who are passionate about the English language too," said Silverberg, a Ryerson journalism school graduate and former freelance journalist.

The project began as a magazine called Digital Journal and morphed into DigitalJournal.com about two years ago, he said.

"We decided to move only to the online sphere and focus on citizen journalism once we saw how huge our site had become in attracting all these users from all these different countries," he said.

The site now publishes the work of citizen reporters from 140 countries.

When the recent Mumbai terrorist attacks began, DigitalJournal.com was one of the first news sites

to upload text and photos covering the chaos.

Silverberg said with thousands of reporters all over the world, reporting on issues just for the love of journalism, the site can have content within minutes of any major event.

"They want to be sure that what is published is accurate," said Bart B. Van Bockstaele, a Toronto-based citizen journalist.

He said he appreciates the way Silverberg and his team run the site because it legitimizes the work in spite of the fact the reporters aren't professionally trained.

"You don't have to be a j-school graduate to tell a story effectively," said Silverberg.

Through a voting system, they can earn a bit of extra pocket cash because the company shares its advertising revenues with its reporters.



DigitalJournal.com published this image of the Mumbai terrorist attacks at the end of November.

Depending on how many articles a member writes a month and how many votes their pieces get through the website's voting system, they can make anywhere from \$10 to a couple of hundred dollars a month.

Confessions of a Yarn Harlot

OddJobs

Diane Peters



At age four, Stephanie Pearl-McPhee learned how to read. So her grandmother said: "If you can do something as hard as read, you can do something as simple as knit."

So the older woman taught the toddler and Pearl-McPhee, who's now 40, was hooked. "I loved it instantly and completely and I've been knitting ever since."

But she never thought she could make a living off

her passion. Her grandmother worked as a professional knitter, but it didn't pay well and the practice had fallen out of fashion by the time she grew up.

She studied illustration at Ryerson and then worked as a freelance writer. Then she had kids and became a lactation consultant and a doula. She was working in Toronto hospitals with new moms when SARS hit in 2003.

Hospitals began limiting access and suddenly she could not see potential clients.

She went to bed one night saying to herself: "Think, think. What are you good at? What can you do?" Her answer: Knitting and writing.

She got up the next morning and wrote to a literary agent. She started writing proposals and in just a few months had two

book deals. Both came out in 2005, and she's now published six books. Pearl-McPhee also writes a blog (which won Best Blog from the Canadian Blog Awards in 2008) called Yarn Harlot.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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The Lowdown

Job title: Professional knitter/writer about knitting

Salary: What a newspaper writer makes

Education/training: Knitting

Best part of the job: "What I used to call play I now call work."

Worst part of the job: "I travel a lot and I wish there was such a thing as teleportation."

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Entertainment



Heather's plea

Actress Heather Locklear pleaded no contest Friday to a reduced charge of reckless driving in a plea deal stemming from her arrest on charges of driving under the influence of prescription drugs. **REUTERS**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

- 1 Marley & Me:**
\$24.1 million US
- 2 Bedtime Stories:**
\$20.3 million
- 3 The Curious Case of Benjamin Button:**
\$18.4 million
- 4 Valkyrie:**
\$14 million
- 5 Yes Man:**
\$13.9 million
- 6 Seven Pounds:**
\$10 million
- 7 The Tale of Despereaux:**
\$7 million
- 8 Doubt:**
\$5 million
- 9 The Day the Earth Stood Still:** \$4.9 million
- 10 Slumdog Millionaire:** \$4.8 million

REUTERS

Penn, Waltz and Hawkins impress critics

MOVIES

Milk star Sean Penn was named best actor by the National Society of Film Critics on Saturday, while the animated Israeli film Waltz With Bashir was the group's surprise pick for the year's best film.

Ari Folman's memoir of his years as a soldier during the 1982 war with Lebanon bested such critical favorites as Slumdog Millionaire, Milk and Wall-E.

Penn's award, one of several prizes ahead of February's Oscars, was for his acclaimed performance as San Francisco politician Harvey Milk, a gay rights leader who was assassinated along with the city's mayor by a fellow politician in 1978.

The best actress award went to Sally Hawkins for her role as a cheerily optimistic London schoolteacher in Happy-Go-Lucky. **REUTERS**



Penn



Actor John Travolta broke his silence yesterday over the death of his son Jett.

Travolta 'heartbroken'

Autopsy in Bahamas could determine cause of death of actor's son

Actor John Travolta broke a two-day silence over the death of his 16-year-old son Jett yesterday, saying he and his wife, actress Kelly Preston, were "heartbroken" by their sudden loss.

Jett, who had a history of seizures, was found unconscious in a bathroom at his family's home at the Old Bahama Bay resort on Grand Bahama Island Friday morning.

He was pronounced dead after being taken by ambulance to Rand Memorial Hospital in Freeport and

an autopsy to determine the cause of death is due to be performed in the Bahamas today.

"Jett was the most wonderful son that two parents could ever ask for and lit up the lives of everyone he encountered," Travolta said in a statement posted on his website travolta.com.

"We are heartbroken that our time with him was so brief. We will cherish the time that we had with him for the rest of our lives."

"Jett was the most wonderful son that two parents could ever ask for."

Travolta statement

The statement did not refer to Jett's medical history or possible cause of death. But Travolta's lawyers, Michael Ossi and Michael McDermott, were quoted yesterday as saying Jett apparently suffered from grand mal, a type of

epilepsy marked by convulsions and loss of consciousness.

He was on an anti-seizure medication called Depakote for several years, Ossi and McDermott told the celebrity website TMZ.

They said the drug was suspended after it lost its effectiveness amid concern about side effects, however, and Jett had been suffering about one extremely serious seizure a week.

Travolta and his wife have said previously that Jett became very sick when

he was a toddler and was diagnosed with Kawasaki disease, which leads to inflammation of the blood vessels in young children.

Ossi and McDermott did not immediately return calls from Reuters yesterday seeking comment. Travolta's publicists have declined to comment on autopsy or funeral plans for the actor's teenage son.



For the latest on this story, visit metronews.ca/entertainment

Will Smith tops money-making poll

Actor Will Smith, star of Hancock and Seven Pounds, was voted the top money-making movie star of 2008, dethroning Johnny Depp in an annual poll released of movie theater owners and film buyers.

Smith, 40, is only the second African-American actor to win the Quigley poll in its 76-year history. Sidney Poitier was placed first in 1968 after the success of Guess Who's Com-

ing to Dinner and In the Heat of the Night.

Three newcomers on the 2008 list — Iron Man's Robert Downey Jr., Batman star Christian Bale, and Shia LaBeouf, the 22-year-old actor in Indiana Jones and the Kingdom of the Crystal Skull — came in second, third and fourth places respectively.

Anne Hathaway, who made her name in The Princess Diaries and is

now a Screen Actors Guild and Golden Globe nominee for her role in Rachel Getting Married, was named a star of tomorrow, along with Chris Pine, who appeared in Bottle Shock and will play Captain Kirk in 2009's Star Trek movie.

Perennial winner Tom Cruise did not make the Top Ten for 2008 despite being voted No. 1 seven times since 1983. Depp,

the Pirates of the Caribbean star who was placed first in 2007, also did not make the 2008 list.

The Quigley Poll has been conducted every year since 1932 by the publishers of the International Motion Picture Almanac. It asks movie theater owners and film buyers to vote for the 10 stars they believe generated the most box office revenue for their theaters during the year. **REUTERS**



Will Smith

Sam Shepard arrested

Actor and Pulitzer Prize-winning playwright Sam Shepard was arrested early Saturday in Normal, Ill. and charged with speeding and drunken driving, police said. A local newspaper reported his blood alcohol was twice the legal limit. **REUTERS**



The unwatchable, unstoppable Hills

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

DOWN FROM THE HILLS: MTV's "reality" TV sensation The Hills is like baseball to me — fun to read about, fascinating in theory, but utterly unwatchable.

I've had a fair bit of sport making fun of the show since it debuted over two and a half years ago, but I'm forced to admit there's something that keeps me coming back to the phenomenon.

And the show keeps rolling on, a juggernaut in spite of my agonized curiosity. It's the "No. 1 cable program among the 12-to-34-year-old demographic," according to a recent New York Magazine piece on The City, the Hills spin-off currently filming in New York City which promotes one Whitney Port from secondary character to heroine.

The New York piece allows itself the customary moment of confusion about



Whitney Port, a secondary character on The Hills, now stars on The City.

its reality credentials, opening on a Manhattan street corner outside a club where Port is about to show up to hang out with her "friends." Four cameras are to document her arrival, and bystanders have been coached to look casual. In the club, what transpires is hardly the stuff of high drama: "The girls drink, the boys drink, the girls giggle, the boys giggle — then, eventually, there's a flurry of air-kisses and everyone leaves."

No tears, no explosive catfights, no misty epiphanies about frayed friendships, not even the vacant pouts that serve as the main form of communication on The Hills. The magic happens, as anyone who's watched the show knows, in the editing suite.

A Hills spin-off was increasingly essential for MTV, since it was becoming harder to edit the product endorsements, paid nightclub appearances and speaking engagements out of Hills star Lauren Conrad's life, and Port's life was still roughly "real" enough to make her a decent subject. Still, Port already has a clothing line to push, and the pretty young people populating The City don't bother pretending that they aren't without ambitions. Within the social circles that populate the show, "Everyone I know suddenly wants to get on that show, or have their own show, or pretend to have a show in order to get on another show," said Sean Glass, an aspiring filmmaker who has sold his own Hills/City-like "reality" show to ABC. Olivia Palermo turned down a part on Glass' show when offered a role on The City, and told MTV's producers she wanted to be on TV "because I want to be a brand." Who, I ask, wouldn't be fascinated by this?

Rick McGinnis writes about music, movies, books and television, but not opera.

King never fails to unnerve

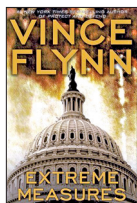


Just After Sunset

Author: Stephen King
Publisher: Scribner
Price: \$32.00 (Hardcover)

Just After Sunset, the fifth collection of short stories from celebrated horror-monger Stephen King, contains 13 tales, most of which previously appeared in publications ranging from Playboy to The New Yorker. This new compilation undoubtedly thrills and chills, often touching on a theme of human impermanence. From a hit man hired to waste an unusual feline in The Cat From Hell; to an OCD patient who causes his psychiatrist to commit suicide in N.; through a man's quest to find his fiancée in Willa, the stories bear the hallmarks of King's perennially unnerving style.

BookPicks



Extreme Measures

Author: Vince Flynn
Publisher: Atria Books
Price: \$29.99 (Hardcover)

The latest thrilling installment in Vince Flynn's Mitch Rapp series is one in which Rapp — an undercover agent with the CIA's counterterrorism unit — takes a back seat, making way for a new protagonist. Mike Nash has worked closely with Rapp before and is more than qualified to continue the fight against terrorists in the Middle East. In the name of serving his country, Nash has kept his work secret and forgone recognition for his successes. But in Extreme Measures, he discovers the nation to which he's been so loyal may not be returning the sentiment.



The Secret Scripture

Author: Sebastian Barry
Publisher: Viking
Price: \$27.50 (Hardcover)

Short-listed for the 2008 Man Booker Prize, The Secret Scripture sees acclaimed Irish author Sebastian Barry unfurl a tale of family tragedy that's propelled by Irish civil war history. Psychiatric patient Roseanne McNulty, 100, tells one half of the narrative, recounting her own blighted upbringing and her father's seemingly unlikely involvement in Ireland's early 20th century political battles. Dr. Grene, Roseanne's psychiatrist, relays the other half of the story using historical documents he's uncovered that explain why she was sent to the institution and that just may untangle her puzzling past.

BRIAN COULTON/
FOR METRO CANADA

Dre's son died from overdose: Coroner

MUSIC The 20-year-old son of veteran rapper Dr. Dre died in August from an overdose of heroin and morphine, the Los Angeles County coroner's office has said. Andre Young Jr was found dead by his mother at his Los Angeles home after spending a night out with friends.

After toxicology and other tests, the coroner ruled his death as accidental and says the case is closed, spokesman Larry Dietz said. Dietz said the tests showed Young died of morphine and heroin intoxication.

At the time of his son's death, Dr. Dre — a four-time Grammy winner whose real name is Andre Young — issued a statement asking for respect and privacy.

REUTERS

GlobalStyle

Kenya Hunt

Exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/5/09	267	351	- ACCESS	Truth, Duty, Valour	Stargate Atlantis (DVS)		(9:01) Gossip Girl (N)		Smallville		Help TV
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV)	Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas	News (N)
	-	-	4 OMNI	2Half Men	The Simpsons	News	News	The Simpsons	King	Metropia	
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelor (Season Premiere) (N)			True Beauty
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Being Erica "Dr. Tom"	CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Mr. & Mrs. Smith ★★ (2005, Action)	Brad Pitt, Angelina Jolie, Vince Vaughn.				News Hour
	246	-	8 CKAL	Law & Order: SVU		True Beauty (N)	The Bachelor (Season Premiere) (N)				Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	Les Boys (N) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer	'Allo, 'Allo!	Steves Europe	Antiques Roadshow (N)		The Story of India (N)		India
	502	390	15 CBC	CBC News: The National	Addicted to Plastic (N)		CBC News: The National		CBC News: The National		Plastic Surgery
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Superstars of Dance (N)			Momma's Boys
	-	373	22 KAYU	(6:15) College Football Tostitos Fiesta Bowl -- Ohio State vs. Texas. (HDTV) (Live)					Postgame	Two/Half Men	News (N)
	297	652	37 WPIX	One Tree Hill (HDTV) (N)	PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Bring Wall St
	500	500	29 CNN	Larry King Live	Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	Junior Hockey: World Champ.	SportsCentre (HDTV) (Live)		Off the Record		Heads-Up Poker Champ.		Rodeo: PRCA
	408	418	27 net	Oilers Conn	NHL Hockey New York Islanders at Edmonton Oilers. (HDTV) (Live)				Sportsnet Connected		Best-Sports
	410	403	30 SCORE	(7:15) WWE Monday Night Raw			(9:15) Score Tonight		WWE Monday Night Raw		
news	411	457	44 OLN	Mantracker	Bounty Hunter	Dakar Rally	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	My Classic Car	My Classic Car	Barrett-Jackson	Car Crazy	Pass Time	SuperCars	SuperCars	My Classic Car
	552	543	20 YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Hottest Women of Country	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Miss Spider	Big Comfy	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Momma's Boys (N)	The Soup (N)	How I Met	Engagement	Worst Week	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One	EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Kim	Love It or List It (N)	Save Us-House
sports	521	560	24 TLC	Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Little People	Little People	Jon & Kate	Jon & Kate
	603	561	25 FOOD	Food Detective	Road Tasted	Hell's Kitchen (N)		Chef School	Chef School	Food Network Awards Cake	Food Detective
	615	520	26 A&E	Intervention "John C."		Intervention		Intervention		Intervention "Ryan"	Intervention
	617	522	32 SHOW	Wife Swap		The Outer Limits		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie
	601	562	33 SLICE	Tabatha's Salon Takeover (N)		Tim Gunn's Guide to Style		ET Canada	Matchmaker	Tim Gunn's Guide to Style	Trading Sp
	-	633	34 ENC2	(5:45) JFK ★★★ (1991, Drama) Kevin Costner, Joe Pesci.				Jeremiah Johnson ★★★ (1972, Adventure) Robert Redford.			Quick-Dead
	520	505	35 DISC	Dirty Jobs "Tar Rigger"		Vermintors (N)		Daily Planet		Dirty Jobs "Tar Rigger"	Vermintors
	620	523	36 BRAVO	Ballet Victoria, A Leap of Faith		Dance Atlantic	Dance With Me	Law & Order "Phobia"		Without a Trace	Songcatcher
	294	650	40 WPCH	(6) Crimson Tide ★★★ (1995, Suspense)		Seinfeld		Family Guy	Family Guy	Crimson Tide ★★★ (1995, Suspense)	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
family	-	539	42 TCM	Late George	(7:45) Far From the Madding Crowd ★★★ (1967, Drama) Julie Christie, Alan Bates.						The Legend of Lylah Clare
	628	584	43 SPIKE	In the Line of Fire ★★★ (1993, Suspense) (HDTV) Clint Eastwood, John Malkovich. Premiere.				CSI: NY (HDTV)			Unsolved Myst.
	522	516	45 HIST	Pearl Harbor: Who Fired First		NCIS "Jeopardy"		Battle 360		Pearl Harbor: Who Fired First	NCIS
	627	528	46 SPACE	The Dresden Files		Ghost Hunters		Stargate SG-1 "ToK'ra"		Star Trek: Next Gener.	Deep Space 9
	-	-	47 AMC	(6) Hook ★★★ (1991, Fantasy) Dustin Hoffman.				Star Trek: Nemesis ★★ (2002, Science Fiction) Patrick Stewart.			
	619	525	49 TROP	What Happen?	What Happen?	TV Made, Do It	News Show	Tube Tales	What Happen?	Make or Break	TV Made, Do It
	600	564	50 HGTV	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes on Homes		Property Virgin	Income Prop.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	House Hunters
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks
	526	507	92 VIVA	The West Wing		Truth, Duty, Valour		Mediums	In Dreams	Judging Amy	Lost in Austen
cable variety	269	350	93 APTN	-	The Mix	La Voix Mechif	Dancing-Spirit	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar	
	571	581	100 MMM	Where You At	Back In	Don't Forget the Lyrics!		Don't Forget the Lyrics!		Party of Five	
	570	580	101 MM	MuchTopTens		MuchNews	The NewMusic	MuchVibe		So You Think You Can Dance	
	581	566	102 MTV	Bromance (N)		The City	After	MTV Live	MTV News	Bromance	The City

critics'corner

Little Mosque on the Prairie
It's like having two dates for the prom, with the added baggage of family. In this new episode, Sarah is involved in a charity marathon that involves two-person teams. When both Yasir and Rayyan want to be her teammates, she has a tough choice to make in "Baber Is From Mars, Vegans Are From Vegas." 8 PM on CBRT



CSI: Miami
In this episode, Horatio and his team are on the case when a body is discovered in a sinkhole. This is about more than one death, though, as their investigation leads them to a robbery and a big secret involving the target of the theft. John Schneider guest stars in "Tunnel Vision." 8 PM on CFCN; 11 PM on KREM

The Big Bang Theory
The inflated ego tends to distort the world around you and give you the feeling you can take on the world — and the girl one of your best friends lusts after. Raj, newly famous because of a magazine article, gets a big head and makes a disastrous play for Leonard's crush, Penny. While this could cause major strife in some circles, we're sure they'll settle this like geeks. 9 PM on CFCN, KREM



La Toya to appear in U.K.'s Big Brother
Michael Jackson's sister La Toya and Gangsta Paradise rapper Coolio are among the stars taking part in the U.K. TV series Celebrity Big Brother. ANANOVA.COM

Celebrity Buzz

Lohan, Ronson house hunting?

COUPLE Lindsay Lohan and her DJ partner Samantha Ronson have been house hunting in the glitzy United Arab Emirates paradise of Dubai in a bid to beat the cameras, female-first.co.uk is reporting.

The pair reportedly fell in love with glamorous Palm Island resort after Ronson performed at the nearby luxurious Atlantis Hotel last year, according to the Daily Mirror.

And the Mean Girls star is keen to capitalize on a lack of paparazzi in the Middle-Eastern state by snapping up a lavish multi-million dollar pad.

A source tells the publication, "Lindsay and Sam loved the tacky glitziness of Dubai. There is so much money and opulence out there it really impressed Lindsay — she can be quite materialistic like that. Despite

her fair skin, Lindsay loves the beach and sunshine.

"And with the property market over there probably the only place where there still seems to be a boom, she thinks it will be a wise investment," the source added. "There isn't as much paparazzi either — although that's sure to change once Lindsay and Sam become regulars on the scene."

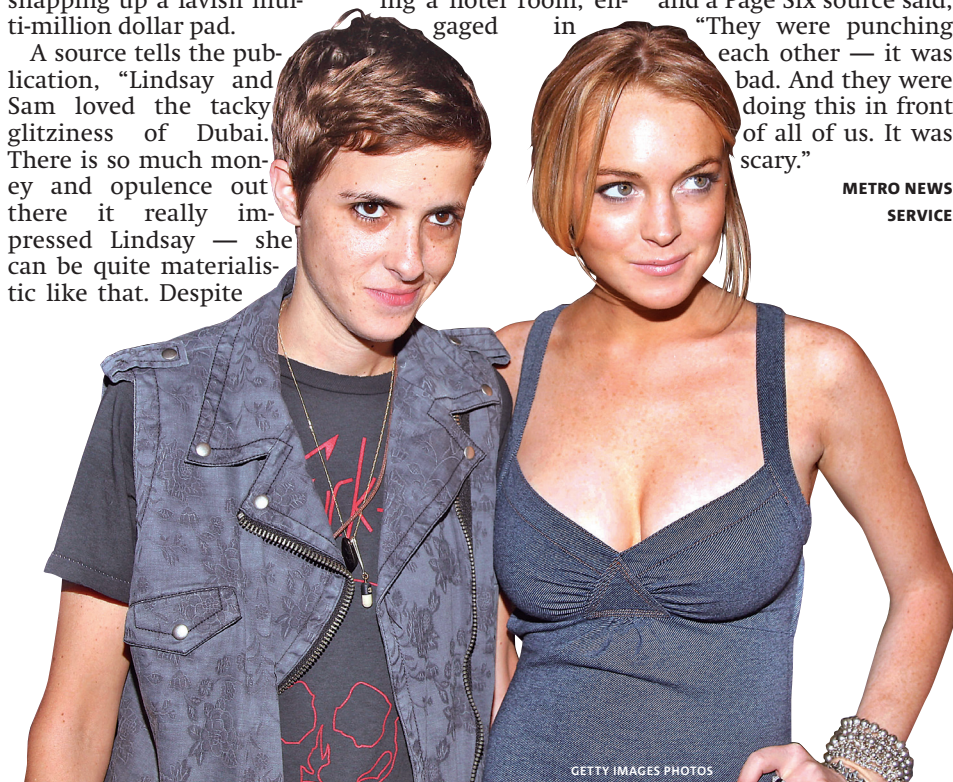
Meanwhile, eonline.com is reporting it wasn't such a happy new year for Lohan and Ronson, who reportedly ended up trashing a hotel room, engaged in

fisticuffs and shouting at each other in a dirty alley.

The website quotes a report by the New York Post's Page Six column that says the duo's new year got started with an argument while Lohan and Ronson were partying with family at Set in Miami.

The gossip column says further discussions erupted later at their hotel room where several sources heard crashing and screaming. The fight reportedly spilled into the hallway at about 11 a.m., and a Page Six source said, "They were punching each other — it was bad. And they were doing this in front of all of us. It was scary."

METRO NEWS SERVICE



Pitt loves changing diapers

FAMILY Brad Pitt loves changing nappies, female-first.co.uk reports.

The star — who is raising six children with partner Angelina Jolie — insists he is very skilled at dealing with soiled diapers.

The website says Pitt — who currently has his hands full with six-month-old twins Knox Leon and Vivienne Marcheline — said, "I'm fairly good with a nappy and all that. You know the secret of a good nappy-change? You've got to do it quick."

"There's something about the air contact that makes them want to go again, you've got to be speedy. I must say, I'm pretty quick — but I've had a lot of practice."

The gossip website adds that Jolie was reportedly warned recently not to have another child.

The 33-year-old actress — whose other biological child with Brad is two-year-old daughter Shiloh — has allegedly been told it could damage her health if she falls pregnant again.

A source reportedly told the website that, "(Jolie's) previous pregnancies ended with emergency caesarean sections. She's been told that, at the least, she should not get pregnant for a year after her last delivery, and it would be safer if she did not get pregnant again, ever."

METRO NEWS SERVICES



Harris wants to see Jackman on show

CAREER Samantha Harris has an idea of who she wants to see on Dancing with the Stars: People magazine's Sexiest Man Alive.

"Hugh Jackman, hands down," the co-host of the show said, according to people.com

The website says Harris would expect the Wolverine actor, who has also starred on Broadway, to do well if he appeared on Dancing.

"He's a song and dance man. He's a Broadway guy," she told People in Las Vegas before celebrating her birthday

at Blush Nightclub. "He's got charisma and you know he can move."

Harris said she's even suggested to Jackman that he do the show. How did the upcoming Oscars host respond? "He actually twirled and dipped me. I was so excited," she said. "That made my year."

Dancing's eighth season begins in March, with a cast announcement coming within the next several weeks.

METRO NEWS SERVICES



No on-set tension, says Eva

RUMOUR Actress Eva Longoria Parker has laughed off persistent rumours of tensions on the Desperate Housewives set, insisting cast members are all "dear friends" to her, female-first.co.uk reports.

The gossip website notes the show has long been dogged with reports of fighting between the stars, who include Teri Hatcher, Marcia Cross, Nicollette Sheridan and Felicity Huffman.

But Longoria Parker has dismissed the rumours, because she feels

"gifted" to be onset with the other actresses.

She tells Glamour magazine, "The women on the show are dear friends of mine. It's been such a gift for me to be in their presence and learn not only from their acting abilities but from their life experiences."

"If this were a show about four men, it wouldn't even be an issue."

METRO NEWS SERVICES



Perry and McCoy call it quits

RELATIONSHIP Singers Katy Perry and Travis McCoy have ended their relationship, people.com is reporting.

The I Kissed a Girl singer, 24, and the Gym Class Heroes frontman, 27, vacationed together in Mexico over the holidays, but they split shortly before the New Year, a source tells the magazine.

"It's a hardship, but she's regrouping," a source told Celebuzz, which first reported the split. McCoy took to his FriendsOrEnemies.com blog on Dec. 31, where he posted lyrics to hip-hop group

Main Source's breakup song Looking at the Front Door.

The same day, Perry performed at the Gridlock New Year's Eve party on the Paramount lot. "She hung out with her friends all night. She was in a great mood," people.com reports a partygoer as saying. "Nothing seemed out of the ordinary."

METRO NEWS SERVICES



Kate credits body to Pilates workout

HEALTH Kate Winslet is one hot mama, but she doesn't get that fabulous bod by hitting the gym, starmagazine.com reports.

The mother-of-two, who strips down for her new film Revolutionary Road, says her hot body is a result of Pilates DVDs, according to the website.

"I am pretty average," the actress, who is married to her Revolutionary director Sam Mendes, tells UK's Elle. "I have cellulite, I don't go to the gym because I don't have time but I do Pilates work out DVDs for 20 minutes or more everyday at home."

As for her diet, she says she eats sensibly and doesn't "stuff down chocolate biscuits,"

she tells the magazine in its February edition.

METRO NEWS SERVICES



Smirnoff really rings in New Year

MARRIAGE Karina Smirnoff and Maksim Chmerkovskiy are looking to perfect their pas de deux, eonline.com reports.

The website says the Dancing With the Stars pros took the whole ringing in the New Year literally, getting engaged just before the calendar flipped to Jan. 1, a source close to the couple confirmed.

METRO NEWS SERVICES



Rutherford's marriage ends

DIVORCE Pregnant Gossip Girl actress Kelly Rutherford and her husband of two years, German entrepreneur Daniel Giersch, are calling it quits.

Rutherford, 40, who is three months pregnant, filed for divorce on Dec. 30, citing "irreconcilable differences," according to papers obtained by People.

METRO NEWS SERVICES



Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five

1	2	3			4	5	6		7	8	9	10
11			12		13				14			
15					16				17			
18				19		20		21				
			22		23		24			25	26	27
28	29	30				31		32				
33					34		35		36			
37				38		39		40				
41					42		43					
			44			45		46		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60					61		

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		6		5	4			1
	7		2					6
	3		9				4	
6							2	
		2	5		7	8		
	4							3
	8				6		5	
9					2		3	
2			3	1		9		

- Crossword across
- 1 “— gets too hungry ...”

4 Existed

7 Go sightseeing

11 Baby bovine

13 Frozen over

14 With competence

15 Approximately

16 Can metal

17 High-flying toy

18 Prepare to drive

20 Medicinal measurement
- 22 Ply oars

24 Online biz

28 Talk and talk and talk

32 Push hard

33 Wooden strip

34 Pooch

36 Divisible by two

37 Unfriendly

39 Novices on the golf course

41 High hit

43 X-ray descendant

44 San — Capis-
- trano

46 Subsequently

50 Boyfriend

53 Gear tooth

55 Siamese

56 Badder than bad

57 Coloration

58 Towel designation

59 Change

60 Explosive letters

61 Wapiti

- Crossword down
- 1 Glaswegian, e.g.

2 Tortoise’s opponent

3 Otherwise

4 Humour

5 Alkali neutralizer

6 Church council

7 Refuse to answer

8 Kimono sash

9 Last (Abbr.)

10 “The Catcher in the —”

12 Summer holiday

19 Cauldron
- 21 “Mayday!”

23 Marry

25 Inlet

26 Exceeding

27 Clothing store department

28 Applaud

29 Head light?

30 On

31 Scepter

35 Wrigley product

38 Winter ailment

40 Monk’s address

42 Luxury craft
- 45 It may be a proper subject

47 Quaker’s pronoun

48 “My Name Is —”

49 Put in jeopardy

50 Ms. Sills, to pals

51 Peron or Gabor

52 Melody

54 Obtain

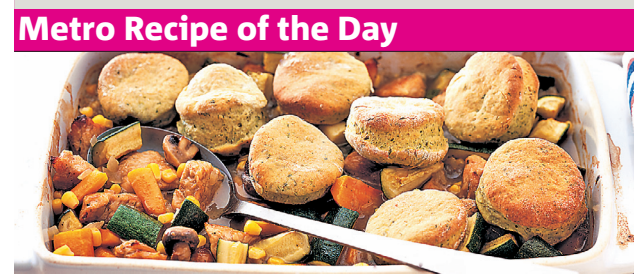
PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

H	A	U	L	S		U	P	S		O	P	S
U	N	T	I	L		N	U	T		L	I	T
R	A	I	S	A		S	T	Y	L	I	Z	E
		L	A	N	C	E	T		O	O	Z	E
F	B	I		G	O	A		N	A	S	A	L
		L	A	Z	E		A	L	O	O	F	
U	S	E	N	E	T		S	W	E	R	V	E
			A	L	I	B	I		R	E	E	K
G	R	I	M	M		R	E	D		A	T	E
R	A	V	E		C	E	R	E	A	L		
I	D	O	L	I	Z	E		E	V	I	C	T
S	I	R		P	A	Z		D	O	Z	E	N
T	O	Y		O	R	E		S	W	E	E	T

8	1	7	6	5	9	3	4	2
9	2	4	7	8	3	6	5	1
3	5	6	1	4	2	8	9	7
2	9	1	8	3	5	7	6	4
5	6	3	4	2	7	9	1	8
7	4	8	9	6	1	2	3	5
6	3	2	5	7	4	1	8	9
1	8	5	2	9	6	4	7	3
4	7	9	3	1	8	5	2	6

Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 minGenius
13-17 min.....Scholar
17-21 minSmart
21-25 minNot bad
25+ min.....Keep practising



Metro Recipe of the Day

Chicken cobbler

INGREDIENTS:

1 lb (500 g) chicken, diced

2 tbsp (25 ml) plain flour

1 1/2 tbsp (20 ml) olive oil

2 onions, finely chopped

2 cups (500 ml) dry alcoholic cider

1 bay leaf

4 carrots, peeled

1/4 cup (50 ml) button mushrooms, halved

3 zucchini, trimmed

2/3 cup (150 ml) frozen corn kernels

COBBLER TOPPING:

1 1/4 cups (175 g) self-raising flour

1 tbsp (15 ml) chopped fresh parsley

1 tbsp (15 ml) snipped fresh chives

1 tbsp (15 ml) chopped fresh oregano

1 oz (30 g) unsalted butter, chilled and diced

7 tbsp (100 ml) low-fat milk

METHOD:

1. Preheat oven to 400°F (200°C). Toss chicken in flour to coat. Heat 1 tbsp (15 ml) oil in frying pan. Add chicken and fry over a medium heat, stirring, about 3 minutes. Stir in remaining oil and onions, reduce heat and cook 5 minutes, until onions are golden.

2. Stir in cider and bay leaf, and boil. Quarter carrots lengthwise, then chop into 3/4-inch (2-cm) chunks and add to pan

with mushrooms. Reduce heat. Simmer gently for 20 minutes.


3. Meanwhile, cut zucchini into quarters lengthwise, then cut across into chunks, about the size of the carrots. Mix with corn and set aside.

4. To make the cobbler topping, combine flour, herbs and a little seasoning in bowl. Using your fingertips, rub in butter until the mixture looks like fine crumbs, then stir in milk until ingredients come together to make a soft dough. Turn onto floured surface and press with floured fingers to 1/2 inch (1 cm) thick. Using a floured 2 1/2-inch (6-cm) round cookie cutter, cut out eight rounds, re-using trimmings.

5. Stir zucchini and corn into chicken mixture and season. Transfer to ovenproof dish and arrange “cobblers” on top. Cook uncovered, for 20 minutes until topping is golden. Serve hot.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!




Horoscopes

AVATAR VENUS

ARIES


MARCH 21-APRIL 20



Your friends want you to pretend to be happier. You'll come up with an idiot-proof idea. A glum departure turns out to be for the best.

LIBRA


SEPT 23-OCT 23



Your clear thinking has dramatic results. Reveal the truth despite the chaos it causes. Be humble when your good deeds are revealed.

TAURUS


APRIL 21-MAY 21



Extreme childishness should be treated patiently. An insensitive bully will be despised. A blocked account has some intriguing consequences.

SCORPIO


OCT 24-NOV 22



You will frustrate an opponent. An important caller could change everything. Insensitive joking makes you speechless.

GEMINI


MAY 22-JUNE 21



Don't hurt anyone's feelings with disconcerting actions. An indifferent man has recognition issues. Be helpful to someone who is still idealistic.

SAGITTARIUS


NOV 23-DEC 21



A friend confesses about a scam. Set aside time for overdue accounts. A busybody's hypocrisy will be apparent.

CANCER


JUNE 22-JULY 22



A loyal friend sheds tears. Try to react to frantic activity with equanimity. You'll wait for a man to change his mind.

CAPRICORN


DEC 22-JAN 20



Your ability to treasure good times is still strong. Relief comes in the form of comical responses. A competitor is grateful for your honesty.

LEO


JULY 23-AUG 23



A cynic puts a damper on things. A peer isn't allowed to make contact. A marriage is discussed by a deserter.

AQUARIUS


JAN 21-FEB 18



A speedy solution will have a peculiar flaw. Your steadiness is valued in a crisis. You won't easily ignore a dieting problem.

VIRGO


AUG 24-SEPT 22



A slothful manner can't be put right. Be cool when listening to a blabbing creature. Limiting a debate will make others uneasy.

PISCES

FEB 19-MARCH 20



Don't make any hasty decisions. A man's cautious behaviour will affect your plans. Don't be melodramatic if someone fools around.

This day in history

JAN. 5, 1896: An Austrian newspaper reports that Wilhelm Roentgen has discovered a type of radiation later known as X-rays.

JAN. 5, 1900: Irish leader John Edward Redmond calls for a revolt against British rule.

JAN. 5, 1914: The Ford Motor Company announces an eight-hour workday and a minimum wage of \$5 for a day's labor.

JAN. 5, 1918: The Free Committee for a German Workers Peace, which would become the Nazi party, is founded.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. So-so Chicago NFL player (1)

2. Exchanges floor-washing tools (1)

3. Spiky-hair fad doll opinion survey (1)

4. Lourdes attraction billboard (1)

5. Hospital workers' handbags (2)

6. Centermost country violin (2)

7. Actress Locklear's peacock plumes (2)

1. FAIR BEAR 2. SWAPS MOPS 3. TROLL POLE 4. SHRINE SIGN

5. NURSES PURSES 6. MIDDLE FIDDLE 7. HEATHERS FEATHERS

1-5-09

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